



Erie County Senior Services
Mark Poloncarz, County Executive
Timothy R. Hogues, Commissioner

FALL 2017

Living Healthy NY Community Workshops



Register Today to attend a FREE

6-Week Living Healthy Workshop

- **Please Sign Up at the Site OR**
- **Call:** The Erie County Senior Services at:
(716) 858-8526 OR
- **Register online:** www.ceacw.org

The **Living Healthy** Self-Management Program
is for **YOU** if:

- ✓ **You Have:**
 - **Diabetes**
 - **Arthritis, Chronic Pain**
 - **Heart, Lung, Breathing concerns**
 - **A loved one with a chronic condition**
 - **Depression, Mental health concerns**
 - **Any on-going health concern**
- ✓ You want to **Lose Weight**
- ✓ **You are ready to Put Life Into Your Life!**

Living Healthy **Chronic Disease** Self-Management Program

For help with on-going health concerns

West Seneca Senior Center

4620 Seneca St., West Seneca, NY 14224
Thursdays: October 5 – November 9, 2017
Time: 9:45 – 12:15 PM

Schiller Park Senior Center

2057 Genesee St., Buffalo, NY 14211
Tuesdays: October 10 – November 14, 2017
Time: 9:30 AM-12:00 PM

Essential Solutions

34 Patrick Ln. Depew, NY 14043
Mondays: November 6 – December 11, 2017
Time: 9:00 AM – 11:30 AM

Living Healthy **Diabetes** Self-Management Program

Amherst Senior Center

370 John James Audubon Pkwy, Amherst, NY 14228
Fridays: October 6 – November 17
Time: 9:30 AM- 12:00 PM

Town of Tonawanda Senior Center

291 Ensminger Rd, Tonawanda, NY 14150
Fridays: October 6 – November 17
Time: 1:00 PM – 3:30 PM

Hamburg Senior Center

4540 Southwestern Blvd., Hamburg, NY 14075
Tuesdays: October 17 – November 21
Time: 9:30 AM – 12:00 PM

Town of Aurora Senior Center

101 King St, Suite A, East Aurora, NY 14052
Mondays: October 23 – November 27
Time: 9:30 AM- 12:00 PM

Clarence Senior Center

4600 Thompson RD, Clarence, NY 14031
Wednesdays: October 25 – November 29
Time: 9:30 AM – 12:00 PM



Register Today!